



Sugar Apple

Posts From The Caribbean

Spicy Chicken and Sausage Gumbo

Andouille sausage would be my first choice but it's not available here so I use smoked kielbasa. You can use chicken thighs or breasts; thighs are moister and more flavorful. But I used breasts because that's what I had on hand. The scotch bonnets are most definitely optional, but they give the gumbo a pleasant Caribbean heat. We like it spicy, as you might gather from the use of hot peppers, cayenne and Tabasco.

1 pound okra, cut into 1/4" slices
6 tablespoons cooking oil
1 large green bell pepper, cored, seeded and diced
2 stalks celery, diced
2 medium onions, peeled and diced
1 scotch bonnet or other hot pepper, minced (optional)
2 cloves garlic, peeled and minced
1 pound andouille sausage or smoked kielbasa, cut in half lengthways and cut crosswise into 1/2" slices
6 tomatoes, peeled, seeded and diced OR 2 14-oz. cans diced tomatoes
4 cups chicken stock
1 bay leaf
5-6 sprigs fresh thyme
1/4 teaspoon cayenne pepper
1 teaspoon salt
2 pounds boneless, skinless chicken breasts or thighs, trimmed of fat and cut into 1 1/2" cubes
For serving: cooked white rice, chopped scallion, chopped parsley, Tabasco sauce

Heat 2 tablespoons of the oil in a frying pan over high heat. Add the okra and fry until it's dry and starts to brown at the edges, about 20 minutes. Turn off the heat and remove the okra to a bowl. Keep the frying pan at hand as you'll use it to cook the chicken later.

Heat 2 tablespoons oil in a large heavy pot over medium heat. Add the bell peppers, celery, onion and scotch bonnet peppers. This combination of aromatic vegetables is known as the holy trinity in Louisiana (minus the hot pepper, with the hot pepper I just

call it heavenly). Cook until the vegetables are soft, about 10 minutes. Add the garlic, bay leaf, thyme, salt, cayenne and sausage. Cook for a further 10 minutes. Add the okra, tomatoes and chicken stock and bring to a boil. Reduce the heat to low and simmer for 30 minutes.

In the meantime, heat the remaining 2 tablespoons oil in the frying pan and fry the chicken until it's lost its raw appearance but is not totally cooked through, about 5 minutes.

When the 30 minutes are up, add the chicken to the gumbo and continue cooking for 20 minutes. Serve the gumbo over white rice and garnish with chopped parsley and scallions. Pass the Tabasco sauce at the table. *Serves 6-8.*

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